

Item	Stores where Available
A variety of tofu	<ul style="list-style-type: none"> •Fairways •Walmart •Fisgard Market •Most Major Grocery Stores
Agua Fresca	<ul style="list-style-type: none"> •Mexican House of Spices
Annatto seeds	<ul style="list-style-type: none"> •ABR Store •Filipino Mart
Apricots	<ul style="list-style-type: none"> •Damascus Food Market •Fig Mediterranean Deli •Anar Food & Grocery •The Root Cellar •Most Major Grocery Stores
Asafoetida	<ul style="list-style-type: none"> •Fraserview Meats & Indian Grocery •Indian Grocery Victoria
Ayibe	<ul style="list-style-type: none"> •Most Major Grocery Stores
Baklava	<ul style="list-style-type: none"> •Syriana Restaurant & Catering •Fig Mediterranean Deli •Damascus Food Market
Banana blossoms	<ul style="list-style-type: none"> •ABR Store (Seasonal Item)
Banana leaves	<ul style="list-style-type: none"> •Fairways (Quadra, Seasonal at Shelbourne Location) •ABR Store (Seasonal) •Walmart (Seasonal at Uptown Location) •Fisgard Market (Seasonal Item) •Mexican House of Spices (Seasonal Item)
Banana Leaves	<ul style="list-style-type: none"> •Fairways (Quadra, Seasonal at Shelbourne Location) •ABR Store (Seasonal) •Walmart (Seasonal at Uptown Location) •Fisgard Market (Seasonal Item) •Mexican House of Spices (Seasonal Item)
Basmati Rice	<ul style="list-style-type: none"> •Indian Grocery Victoria •Walmart •Most Major Grocery Stores
Bean Sprouts	<ul style="list-style-type: none"> •Fairways •Walmart •Fisgard Market •Most Major Grocery Stores
Berberere	<ul style="list-style-type: none"> •Island Afrikan Supermarket •Mexican House of Spices
Besobela	<ul style="list-style-type: none"> •Fisgard Market (Seasonal Item) •Real Canadian Superstore (Seasonal Item) •The Root Cellar •The Market on Yates (Seasonal Item)
Bitter Leaf	<ul style="list-style-type: none"> •Island Afrikan Supermarket (Seasonal Item)

Bitter melon	<ul style="list-style-type: none"> •H Mart (Seasonal Item) •Fisgard Market (Seasonal Item)
Black and white sesame	<ul style="list-style-type: none"> •Fairways •Walmart •Fujiya •Damascus Food Market •Anar Food & Grocery •Most Major Grocery Stores
Black vinegar	<ul style="list-style-type: none"> •Most Major Grocery Stores
Black-eyed peas	<ul style="list-style-type: none"> •Walmart •Fairways
Bokharat	<ul style="list-style-type: none"> •Damascus Food Market •Fig Mediterranean Deli
Bonito flakes	<ul style="list-style-type: none"> •Fujiya •Sakura Japanese Sushi & Grocery
Breadfruit	<ul style="list-style-type: none"> •Fisgard Market (Seasonal Item)
Bulgur	<ul style="list-style-type: none"> •Most Major Grocery Stores
Calamansi	<ul style="list-style-type: none"> •Fisgard Market (Seasonal Item)
Cane Sugar	<ul style="list-style-type: none"> •Fairways (Quadra Only) •ABR Store •Fraserview Meats & Indian Grocery •Mexican House of Spices •Walmart (Uptown Only)
Cassava	<ul style="list-style-type: none"> •Walmart (Uptown Only) •Real Canadian Superstore •Island Afrikan Supermarket (Seasonal Item)
Cassava	<ul style="list-style-type: none"> •Walmart (Uptown Only) •Real Canadian Superstore •Island Afrikan Supermarket (Seasonal Item)
Chai	<ul style="list-style-type: none"> •Fraserview Meats & Indian Grocery •Indian Grocery Victoria •Walmart (Uptown Only)
Chickpea flour	<ul style="list-style-type: none"> •Indian Grocery Victoria •Damascus Food Market •Walmart
Chickpeas	<ul style="list-style-type: none"> •Walmart •Indian Grocery Victoria •Fraserview Meats & Indian Grocery •Damascus Food Market •Most Major Grocery Stores
Chickpeas	<ul style="list-style-type: none"> •Indian Grocery Victoria •Fraserview Meats & Indian Grocery •Damascus Food Market •Most Major Grocery Stores
Chickpeas	<ul style="list-style-type: none"> •Indian Grocery Victoria •Fraserview Meats & Indian Grocery •Damascus Food Market •Most Major Grocery Stores

Chile-garlic sauce	<ul style="list-style-type: none"> •Fairways •Walmart •Fisgard Market
Chinese sausage	<ul style="list-style-type: none"> •Fairways (Shelbourne, Quadra Locations) •Fisgard Market •Tai Sang Grocery
Chocolate	<ul style="list-style-type: none"> •Mexican House of Spices •Most Major Grocery Stores
Chow Mein Noodles	<ul style="list-style-type: none"> •Fairways •Walmart •Fisgard Market
Coconut milk	<ul style="list-style-type: none"> •Most Major Grocery Stores
Coconut Milk	<ul style="list-style-type: none"> •Most Major Grocery Stores
Coconut Milk	<ul style="list-style-type: none"> •Most Major Grocery Stores
Coconut Milk	<ul style="list-style-type: none"> •Most Major Grocery Stores
Coconut oil	<ul style="list-style-type: none"> •Walmart (Uptown Only) •Fraserview Meats & Indian Grocery
Coconut sugar	<ul style="list-style-type: none"> •Fairways (Quadra Only) •ABR Store •Filipino Mart •Walmart (Uptown Only)
Collard Greens (Gomen)	<ul style="list-style-type: none"> •Save-on-Foods (Seasonal Item) •The Root Cellar (Seasonal Item) •Walmart •Whole Foods
Couscous	<ul style="list-style-type: none"> •Most Major Grocery Stores
Crema	<ul style="list-style-type: none"> •Most Major Grocery Stores
Curd	<ul style="list-style-type: none"> •Walmart (Uptown Only) •Real Canadian Superstore
Curry Leaves	<ul style="list-style-type: none"> •Walmart (Uptown, Hillside Locations) •The Market (On Yates, On Millstream Locations)
Dates	<ul style="list-style-type: none"> •Damascus Food Market •Fig Mediterranean Deli •Anar Food & Grocery •Walmart (Uptown Only)
Dired Somen noodles	<ul style="list-style-type: none"> •Fairways (Shelbourne, Quadra, McKenzie Locations) •Walmart (Uptown, Langford Locations) •Fujiya •Sakura Japanese Sushi & Grocery
Doenjang	<ul style="list-style-type: none"> •Fairways (Shelbourne, Quadra, McKenzie Locations) •Walmart (Uptown Only) •Saanisunny Asian Market •H Mart •A Mart Korean Grocery

Dried and Roasted Roasted Chiles	<ul style="list-style-type: none"> •Mexican House of Spices •Fairways •Walmart •Real Canadian Superstore
Dried ancho chiles	<ul style="list-style-type: none"> •Mexican House of Spices •Fairways •Walmart •Real Canadian Superstore
Dried Anchovies	<ul style="list-style-type: none"> •Fairways (Shelbourne, Quadra, Locations) •Saanisunny Asian Market •H Mart
Dried and canned beans	<ul style="list-style-type: none"> •Most Major Grocery Stores
Dried and canned chipotle	<ul style="list-style-type: none"> •Mexican House of Spices •Fairways •Walmart •Real Canadian Superstore
Dried Coconut flakes	<ul style="list-style-type: none"> •Walmart •Most Major Grocery Stores
Dried Fruits	<ul style="list-style-type: none"> •Anar Food & Grocery •Damascus Food Market •Walmart
Dried Kelp	<ul style="list-style-type: none"> •Fairways (Shelbourne, Quadra, Locations) •Saanisunny Asian Market •H Mart
Dried lily bud	<ul style="list-style-type: none"> •Tai Sang Grocery •Fisgard Market
Dried Lime	<ul style="list-style-type: none"> •Anar Food & Grocery (Seasonal Item)
Dried mushroom	<ul style="list-style-type: none"> •Fairways •Walmart (Uptown Only) •Fisgard Market
Dried seafood	<ul style="list-style-type: none"> •Fairways •Fisgard Market •Tai Sang Grocery
Dried shiitake	<ul style="list-style-type: none"> •Fairways (Shelbourne, Quadra, McKenzie Locations) •Walmart (Uptown Only) •Fujiya •Fisgard Market •Tai Sang Grocery
Dried Shrimp	<ul style="list-style-type: none"> •Fairways (Shelbourne, Quadra Locations) •Fisgard Market •Real Canadian Superstore
Dried Soba noodles	<ul style="list-style-type: none"> •Fairways (Shelbourne, Quadra, McKenzie Locations) •Walmart (Uptown, Langford Locations) •Fujiya •Sakura Japanese Sushi & Grocery

Eggplant	<ul style="list-style-type: none"> •Fairways •Walmart •H Mart •Fisgard Market •Most Major Grocery Stores
Egusi (Melon Seeds)	<ul style="list-style-type: none"> •Island Afrikan Supermarket
Fava beans	<ul style="list-style-type: none"> •Damascus Food Market •Fig Mediterranean Deli •Anar Food & Grocery •Most Major Grocery Stores
Fenugreek Leaves	<ul style="list-style-type: none"> •Walmart (Uptown, Hillside Locations) •The Market on Millstream •Indian Grocery Victoria •Fraserview Meats & Indian Grocery •Real Canadian Superstore
Fermented tofu	<ul style="list-style-type: none"> •Fairways (Shelbourne, Quadra Locations) •Fisgard Market
Figs	<ul style="list-style-type: none"> •Damascus Food Market •Fig Mediterranean Deli •Anar Food & Grocery •Walmart (Uptown Only) (Seasonal Item)
Filipino fermented shrimp paste	<ul style="list-style-type: none"> •ABR Store •Filipino Mart
Filipino pickled green papaya	<ul style="list-style-type: none"> •Filipino Mart
Fish Mint	<ul style="list-style-type: none"> •Fisgard Market (Seasonal Item)
Fish Sauce	<ul style="list-style-type: none"> •Fairways •ABR Store •Walmart •Filipino Mart •Real Canadian Superstore
Fish sauce	<ul style="list-style-type: none"> •Fairways •ABR Store •Walmart •Filipino Mart
Flying fish roe	<ul style="list-style-type: none"> •Fujiya
Fresh Coconut	<ul style="list-style-type: none"> •Walmart (Uptown Only) (Seasonal Item) •Fairways (Seasonal Item)
Fresh Ramen noodles	<ul style="list-style-type: none"> •Fairways (Shelbourne, Quadra, McKenzie Locations) •Walmart (Uptown, Langford Locations) •Sakura Japanese Sushi & Grocery (Seasonal Item)
Fresh Tortillas	<ul style="list-style-type: none"> •Mexican House of Spices •MAiiZ Nixtamal •Most Major Grocery Stores
Frozen dim sum	<ul style="list-style-type: none"> •Fairways •Fisgard Market

Frozen seafood	<ul style="list-style-type: none"> •Fairways •Walmart •Fisgard Market
Fruit Preserves	<ul style="list-style-type: none"> •Damascus Food Market •Fig Mediterranean Deli •Anar Food & Grocery •Walmart (Uptown, Langford Locations) •Real Canadian Superstore
Galangal	<ul style="list-style-type: none"> •Fisgard Market
Galangal	<ul style="list-style-type: none"> •Fisgard Market
Garri (Cassava flakes)	<ul style="list-style-type: none"> •Island Afrikan Supermarket
Ghee	<ul style="list-style-type: none"> •Walmart (Uptown Only) •Indian Grocery Victoria •Fraserview Meats & Indian Grocery •Real Canadian Superstore
Gochugaru	<ul style="list-style-type: none"> •Fairways •Walmart (Uptown Only) •Saanisunny Asian Market •H Mart •A Mart Korean Grocery
Gochujang	<ul style="list-style-type: none"> •Fairways •Walmart (Uptown Only) •Saanisunny Asian Market •H Mart •A Mart Korean Grocery
Gram Flour	<ul style="list-style-type: none"> •Indian Grocery Victoria •Damascus Food Market •Walmart
Green papaya	<ul style="list-style-type: none"> •ABR Store (Seasonal Item) •Fisgard Market (Seasonal Item)
Groundnuts	<ul style="list-style-type: none"> •Island Afrikan Supermarket •Most Major Grocery Stores
Guava paste	<ul style="list-style-type: none"> •Mexican House of Spices •Walmart (Uptown Only) •Real Canadian Superstore
Gyoza wrappers	<ul style="list-style-type: none"> •Fairways •Walmart (Uptown Only) •Fisgard Market
Habanero Peppers	<ul style="list-style-type: none"> •Most Major Grocery Stores
Halal Meats	<ul style="list-style-type: none"> •Fraserview Meats & Indian Grocery •Bold Butchery & Grill •Damascus Food Market •Walmart
Halal Meats	<ul style="list-style-type: none"> •Fraserview Meats & Indian Grocery •Bold Butchery & Grill •Damascus Food Market •Walmart

Harissa	<ul style="list-style-type: none"> •Fig Mediterranean Deli •The Market (On Yates, On Millstream Locations) •Walmart •Whole Foods •Real Canadian Superstore
Hoisin	<ul style="list-style-type: none"> •Fairways •Walmart •Fisgard Market •Most Major Grocery Stores
Horchata	<ul style="list-style-type: none"> •Mexican House of Spices •Walmart (Uptown Only) •Real Canadian Superstore
Inari pockets	<ul style="list-style-type: none"> •Fujiya •Sakura Japanese Sushi & Grocery
Item	Stores where Available
Jackfruit	<ul style="list-style-type: none"> •Fisgard Market (Seasonal Item)
Jalapeño Peppers	<ul style="list-style-type: none"> •Most Major Grocery Stores
Japchae Potatoe Noodles	<ul style="list-style-type: none"> •Fairways (Shelbourne, Quadra, Locations) •Saanisunny Asian Market •H Mart •A Mart Korean Grocery
Jujube	<ul style="list-style-type: none"> •Fairways (Quadra Only) •H Mart •A Mart Korean Grocery
Kaffir Lime Leaves	<ul style="list-style-type: none"> •Fisgard Market (Seasonal Item)
Kaya Jam	<ul style="list-style-type: none"> •Fairways (Quadra Only) •Real Canadian Superstore
Kewpie mayo	<ul style="list-style-type: none"> •Fairways (Shelbourne, Quadra, McKenzie Locations) •Walmart (Uptown Only) •Fujiya •Sakura Japanese Sushi & Grocery
Kimchi	<ul style="list-style-type: none"> •Fairways •Walmart •Saanisunny Asian Market •H Mart •A Mart Korean Grocery
Korean Plum Extract	<ul style="list-style-type: none"> •Saanisunny Asian Market •H Mart •A Mart Korean Grocery
Koseret (flavorful herb)	<ul style="list-style-type: none"> •Walmart (Uptown Only)
Kpomo (Tripe)	<ul style="list-style-type: none"> •Fairways (Shelbourne, Quadra, Gorge Locations)

Lemongrass	<ul style="list-style-type: none"> •Fairways •ABR Store •Walmart •Filipino Mart •Fisgard Market •Most Major Grocery Stores
Lemongrass	<ul style="list-style-type: none"> •Fairways •ABR Store •Walmart •Filipino Mart •Fisgard Market •Most Major Grocery Stores
Lemongrass	<ul style="list-style-type: none"> •Fairways •ABR Store •Walmart •Filipino Mart •Fisgard Market •Most Major Grocery Stores
Lentils	<ul style="list-style-type: none"> •Walmart •Indian Grocery Victoria •Fraserview Meats & Indian Grocery •Damascus Food Market
Lentils (various types)	<ul style="list-style-type: none"> •Walmart •Indian Grocery Victoria •Fraserview Meats & Indian Grocery •Damascus Food Market
Light and dark soy	<ul style="list-style-type: none"> •Fairways •Walmart •Fisgard Market •Most Major Grocery Stores
Lo Mein Noodles	<ul style="list-style-type: none"> •Fairways •Walmart •Fisgard Market
Long chili peppers	<ul style="list-style-type: none"> •Fairways •Walmart •The Root Cellar •The Market (On Yates, On Millstream Locations)
Lumpia wrappers	<ul style="list-style-type: none"> •Fairways (Quadra Only) •ABR Store •Walmart (Uptown Only) •Filipino Mart •Real Canadian Superstore
Masa harina	<ul style="list-style-type: none"> •Mexican House of Spices •Fairways •Walmart •Thrifty's

Mexican chorizo	<ul style="list-style-type: none"> •Mexican House of Spices •Fairways
Mexican panela and cajeta	<ul style="list-style-type: none"> •Mexican House of Spices •Fairways (Quadra Only) •ABR Store •Fraserview Meats & Indian Grocery •Walmart (Uptown Only)
Millet	<ul style="list-style-type: none"> •Island Afrikan Supermarket •Walmart •Whole Foods
Mirin	<ul style="list-style-type: none"> •Fairways •Walmart •Fujiya •Sakura Japanese Sushi & Grocery
Miso	<ul style="list-style-type: none"> •Fairways •Walmart •Fujiya •Sakura Japanese Sushi & Grocery •Most Major Grocery Stores
Mitmita (spice blend, often spicy)	<ul style="list-style-type: none"> •Island Afrikan Supermarket
Mung Bean	<ul style="list-style-type: none"> •Fairways •Walmart •Saanisunny Asian Market •H Mart •A Mart Korean Grocery •Figard Market
Mung beans	<ul style="list-style-type: none"> •Fairways •Walmart •Saanisunny Asian Market •H Mart •A Mart Korean Grocery •Figard Market
Mustard Greens (Senig)	<ul style="list-style-type: none"> •The Root Cellar •The Market (On Yates, On Millstream Locations)
Mustard Oil	<ul style="list-style-type: none"> •Walmart (Uptown Only) •Indian Grocery Victoria •Fraserview Meats & Indian Grocery •Real Canadian Superstore
Niter Kibbeh	<ul style="list-style-type: none"> •Walmart (Uptown Only)
Nori	<ul style="list-style-type: none"> •Fairways •Walmart (Uptown, Langford Locations) •Fujiya •Sakura Japanese Sushi & Grocery

Okra	<ul style="list-style-type: none"> •Fairways (Shelbourne, Quadra, Gorge Locations) •Walmart (Uptown, Hillside Locations) •The Root Cellar •The Market (On Yates, On Millstream Locations)
Okra	<ul style="list-style-type: none"> •Fairways (Shelbourne, Quadra, Gorge Locations) •Walmart (Uptown, Hillside Locations) •The Root Cellar •The Market (On Yates, On Millstream Locations)
Olive Oil	<ul style="list-style-type: none"> •Damascus Food Market •Fig Mediterranean Deli •Walmart •Most Major Grocery Stores
Olives	<ul style="list-style-type: none"> •Damascus Food Market •Fig Mediterranean Deli •Anar Food & Grocery •Walmart
Orange blossom water	<ul style="list-style-type: none"> •Damascus Food Market •Walmart (Uptown Only) •Save-on-Foods
Other Dried and Fresh Chinese Noodles	<ul style="list-style-type: none"> •Fairways •Walmart •Fisgard Market
Oyster sauce	<ul style="list-style-type: none"> •Fairways •Walmart •Fisgard Market
Palm Oil	<ul style="list-style-type: none"> •Walmart (Uptown Only) •Whole Foods
Palm Sugar	<ul style="list-style-type: none"> •Fairways (Quadra Only) •ABR Store •Filipino Mart •Walmart (Uptown Only) •Fraserview Meats & Indian Grocery •Real Canadian Superstore
Pandan	<ul style="list-style-type: none"> •Fairways (Quadra Only) •Fisgard Market (Seasonal Item)
Paneer	<ul style="list-style-type: none"> •Walmart •Thrifty's (Hillside, Broadmead Locations) •Fraserview Meats & Indian Grocery •Real Canadian Superstore
Patis	<ul style="list-style-type: none"> •ABR Store •Filipino Mart
Pepper Soup Spice Mix	<ul style="list-style-type: none"> •Island Afrikan Supermarket
Perilla Leaves	<ul style="list-style-type: none"> •H Mart •A Mart Korean Grocery

Perilla Oil	<ul style="list-style-type: none"> •H Mart •A Mart Korean Grocery
Persian wheat noodles	<ul style="list-style-type: none"> •Anar Food & Grocery
Pickled daikon	<ul style="list-style-type: none"> •Walmart (Seasonal Item) •Fujiya
Pickled ginger	<ul style="list-style-type: none"> •Fujiya •Sakura Japanese Sushi & Grocery •The Root Cellar
Pickles	<ul style="list-style-type: none"> •Indian Grocery Victoria •Walmart (Uptown Only)
Pine Nuts	<ul style="list-style-type: none"> •Damascus Food Market •Fig Mediterranean Deli •Walmart •Most Major Grocery Stores
Pistachios	<ul style="list-style-type: none"> •Damascus Food Market •Walmart •Most Major Grocery Stores
Plantains	<ul style="list-style-type: none"> •Fisgard Market •Fairways •Seasonally at Most Major Grocery Stores
Pomegranate Molasses	<ul style="list-style-type: none"> •Anar Food & Grocery
Pomegranates	<ul style="list-style-type: none"> •Damascus Food Market •Fairways •The Root Cellar •Walmart
Poppy Seeds	<ul style="list-style-type: none"> •Fraserview Meats & Indian Grocery •Indian Grocery Victoria
Pot sticker wrappers	<ul style="list-style-type: none"> •Fairways •Walmart (Uptown Only) •Fisgard Market
Pre-made Baba Ganoush	<ul style="list-style-type: none"> •Damascus Food Market •Fig Mediterranean Deli
Pre-made Falafel	<ul style="list-style-type: none"> •Damascus Food Market •Walmart (Uptown Only)
Pre-made Hummus	<ul style="list-style-type: none"> •Fig Mediterranean Deli •Damascus Food Market •Most Major Grocery Stores
Pre-made Mole Sauce	<ul style="list-style-type: none"> •Mexican House of Spices •Fairways •The Market (On Yates, On Millstream Locations)
Pre-made Tamales	<ul style="list-style-type: none"> •Mexican House of Spices (Seasonal Item) •Walmart (Uptown Only)
Preserved Lemons	<ul style="list-style-type: none"> •The Market (On Yates, On Millstream Locations) •Whole Foods •Damascus Food Market (Seasonal Item)

Puto	<ul style="list-style-type: none"> •ABR Store •Filipino Mart
Quail eggs	<ul style="list-style-type: none"> •Tai Sang Grocery •Fisgard Market
Queso fresco	<ul style="list-style-type: none"> •Mexican House of Spices •Most Major Grocery Stores
Ras el Hanout	<ul style="list-style-type: none"> •Fig Mediterranean Deli
Red Chilies (dried)	<ul style="list-style-type: none"> •Fairways •Walmart •Fraserview Meats & Indian Grocery •The Market (On Yates, On Millstream Locations)
Red kidney beans	<ul style="list-style-type: none"> •Damascus Food Market •Most Major Grocery Stores
Red Palm Nut Cream	<ul style="list-style-type: none"> •Island Afrikan Supermarket
Refried Beans	<ul style="list-style-type: none"> •Mexican House of Spices •Fairways •Most Major Grocery Stores
Rice Cakes	<ul style="list-style-type: none"> •Fairways •Walmart •Saanisunny Asian Market •H Mart •A Mart Korean Grocery
Rice Flour	<ul style="list-style-type: none"> •Walmart (Uptown Only) •Fairways •Fraserview Meats & Indian Grocery
Rice flour	<ul style="list-style-type: none"> •Walmart (Uptown Only) •Fairways •Fraserview Meats & Indian Grocery
Rice Noodles	<ul style="list-style-type: none"> •Fairways •ABR Store •Walmart (Uptown Only) •Real Canadian Superstore •Thanh Ky Grocery
Rice Paper	<ul style="list-style-type: none"> •Fairways (Quadra Only) •ABR Store •Walmart (Uptown Only) •Filipino Mart •Real Canadian Superstore
Rice Paper Wrappers	<ul style="list-style-type: none"> •Fairways (Quadra Only) •ABR Store •Walmart (Uptown Only) •Filipino Mart •Real Canadian Superstore
Rice vinegar	<ul style="list-style-type: none"> •Fairways •Walmart •Fujiya •Sakura Japanese Sushi & Grocery

Rice Vinegar	<ul style="list-style-type: none"> •Fairways •ABR Store •Walmart (Uptown Only) •Real Canadian Superstore
Rice Wine	<ul style="list-style-type: none"> •Fairways •Walmart (Uptown Only) •Saanisunny Asian Market •H Mart
Rose Water	<ul style="list-style-type: none"> •Indian Grocery Victoria •Whole Foods
Roti	<ul style="list-style-type: none"> •Fraserview Meats & Indian Grocery •Indian Grocery Victoria •Walmart
Saffron	<ul style="list-style-type: none"> •Indian Grocery Victoria •Walmart
Salsas	<ul style="list-style-type: none"> •Mexican House of Spices •Fairways •The Market (On Yates, On Millstream Locations) •Most Major Grocery Stores
Salted black beans	<ul style="list-style-type: none"> •Fairways (Shelbourne, Quadra Locations) •Fisgard Market
Salted vegetables	<ul style="list-style-type: none"> •Fairways (Shelbourne, Quadra Locations) •Fisgard Market •Tai Sang Grocery
Salted yellow beans	<ul style="list-style-type: none"> •Fairways (Shelbourne, Quadra Locations) •Fisgard Market
Sambal	<ul style="list-style-type: none"> •Fairways
Scotch Bonnet Peppers	<ul style="list-style-type: none"> •Quality Foods •The Market (On Yates, On Millstream Locations) •Walmart •Fairways (Seasonal Item)
Serrano Peppers	<ul style="list-style-type: none"> •Most Major Grocery Stores
Sesame butter and oil	<ul style="list-style-type: none"> •Fairways (Shelbourne, Quadra Locations) •Fisgard Market •Tai Sang Grocery
Sesame Oil	<ul style="list-style-type: none"> •Fairways (Shelbourne, Quadra, McKenzie Locations) •Walmart (Uptown Only) •Saanisunny Asian Market •H Mart •A Mart Korean Grocery

Sesame Seeds	<ul style="list-style-type: none"> •Fairways •Walmart •Fujiya •Damascus Food Market •Anar Food & Grocery •Most Major Grocery Stores
Shichimi-togarashi (chile sprinkles)	<ul style="list-style-type: none"> •Fujiya
Short Grain Rice	<ul style="list-style-type: none"> •Fairways •Walmart •Fujiya •Sakura Japanese Sushi & Grocery
Shoyu	<ul style="list-style-type: none"> •Fairways •Walmart •Fujiya •Sakura Japanese Sushi & Grocery •Most Major Grocery Stores
Shrimp Paste	<ul style="list-style-type: none"> •Fairways (Quadra Only) •ABR Store •Filipino Mart
Shrimp paste	<ul style="list-style-type: none"> •Fairways (Quadra Only) •ABR Store •Filipino Mart
Silken tofu	<ul style="list-style-type: none"> •Fairways (Seasonal Item) •Fujiya •Sakura Japanese Sushi & Grocery
Sorghum	<ul style="list-style-type: none"> •Whole Foods (Seasonal Item)
Soybean Sprouts	<ul style="list-style-type: none"> •Fairways •Walmart •Saanisunny Asian Market •H Mart •A Mart Korean Grocery
Sriracha Sauce	<ul style="list-style-type: none"> •Fairways •Walmart •Fisgard Market •Most Major Grocery Stores
Suya Spice Mix	<ul style="list-style-type: none"> •Island Afrikan Supermarket
Sweet rice	<ul style="list-style-type: none"> •Fairways •Walmart •Fisgard Market
Syrian Deserts and Sweets	<ul style="list-style-type: none"> •Damascus Food Market
Syrian-style bread	<ul style="list-style-type: none"> •Syriana Restaurant & Catering •Damascus Food Market •Fig Mediterranean Deli •Walmart •Most Major Grocery Stores

Tahini	<ul style="list-style-type: none"> •Damascus Food Market •Fig Mediterranean Deli •Anar Food & Grocery •Walmart (Uptown Only)
Tamale wrappers	<ul style="list-style-type: none"> •Mexican House of Spices •Fairways (Quadra Only) •Walmart (Uptown Only) •Real Canadian Superstore
Tamarind	<ul style="list-style-type: none"> •Fairways •ABR Store •Walmart (Uptown Only) •Filipino Mart •Fisgard Market •Fraserview Meats & Indian Grocery
Tamarind	<ul style="list-style-type: none"> •Fairways •ABR Store •Walmart (Uptown Only) •Filipino Mart •Fisgard Market •Fraserview Meats & Indian Grocery
Tamarind paste	<ul style="list-style-type: none"> •Fairways •ABR Store •Walmart (Uptown Only) •Filipino Mart •Fisgard Market •Fraserview Meats & Indian Grocery
Taro	<ul style="list-style-type: none"> •Fairways •Fisgard Market •Walmart (Seasonal Item)
Teff	<ul style="list-style-type: none"> •Bulk Barn •Whole Foods •Walmart (Uptown Only)
Thai Basil	<ul style="list-style-type: none"> •Fisgard Market (Seasonal Item) •Real Canadian Superstore (Seasonal Item) •The Root Cellar •The Market on Yates (Seasonal Item)
Thai Bird's Eye Chili	<ul style="list-style-type: none"> •Most Major Grocery Stores
Thai Eggplants	<ul style="list-style-type: none"> •Fisgard Market (Seasonal Item)
Thai Jasmine Rice	<ul style="list-style-type: none"> •Fairways •Walmart •Real Canadian Superstore
Tofu	<ul style="list-style-type: none"> •Fairways •Walmart •H Mart •Fisgard Market •Most Major Grocery Stores

Tomatillos	<ul style="list-style-type: none"> •Mexican House of Spices •Whole Foods (Seasonal Item) •Fairways (Seasonal Item)
Ube	<ul style="list-style-type: none"> •Fairways (Seasonal Item) •Walmart (Seasonal Item) •Fisgard Market (Seasonal Item)
Wheat berries	<ul style="list-style-type: none"> •Whole Foods
Wheat Semolina	<ul style="list-style-type: none"> •Indian Grocery Victoria
Wheat starch	<ul style="list-style-type: none"> •Walmart
White and brown rice	<ul style="list-style-type: none"> •Fairways •Walmart •Fisgard Market •Most Major Grocery Stores
Wonton skins	<ul style="list-style-type: none"> •Fairways •Walmart (Uptown Only) •Fisgard Market
Yellow split peas	<ul style="list-style-type: none"> •Damascus Food Market •Anar Food & Grocery
Yogurt	<ul style="list-style-type: none"> •Damascus Food Market •Fig Mediterranean Deli •Anar Food & Grocery •Walmart •Most Major Grocery Stores
Zaatar	<ul style="list-style-type: none"> •Damascus Food Market •Fig Mediterranean Deli